

2010 Southern Colorado Sustainability Conference & Expo
Antlers Hilton Hotel 4 South Cascade Colorado Springs Colorado
November 18 & 19, 2010

Personal Sustainability

Community Engagement and the Total Army Family

Strong Bodies
Strong Minds
Strong Families
Resilient Workforce



Why Personal Sustainability? Because.....

A healthy environment sustains Families. Healthy Families sustain Soldiers. Healthy Soldiers sustain the Mission.

Join the Conversation as we seek answers to the following questions: **Are we doing the right things? Are we doing things right? What are we missing?**

Strong Bodies

Thursday, November 18 2:00pm - 3:30pm

The strength of the Nation is built on the strength of our Soldiers. In this session we focus on total fitness through exercise, nutrition and wellness. This session explores cutting edge methods and programs that develop and sustain a high level of physical fitness while also building mental resiliency and overall wellness.

Speakers representing: US Army Public Health Command, Evans Army Community Hospital Wellness Center, United States Olympic Committee Paralympic Military Programs, Paralympic Academy Youth Outreach Program, and more!

Strong Minds

Friday, November 19 10:00am - 11:30am

Learn about a new era of "Army Strong" that focuses on a comprehensive, holistic and preventative model of total fitness. Many new resources are offered to Soldiers, Families and Army civilians to achieve social, spiritual and emotional wellness through the "Comprehensive Soldier Fitness" (CSF) program. "Being 'Army Strong' is more than just being physically fit," says Brigadier General Rhonda Cornum, who heads up the CSF program. "We are elevating mental fitness to the same level where we have held physical fitness."

Speakers representing: Comprehensive Soldier Fitness (Headquarters Department of the Army) , Army Substance Abuse Program (Fort Carson), Aspen Pointe and more!

Strong Families

Friday, November 19 1:45pm - 3:15pm

Stresses on Soldiers and their Families from successive deployments impact the force, and ultimately our ability to carry out our mission. This session focuses on the critical role that families play in maintaining a strong and resilient Army. What resources do the community and the Army offer to sustain and revitalize families during this time of persistent conflict?

Speakers representing: Directorate of Family, Morale, Welfare, and Recreation, Child Youth and School Services, Army Community Service Family, Advocacy Program and Master Resiliency Training Program; 4th Infantry Division Rear Detachment, El Paso County and more.

Resilient Workforce

Friday, November 19 3:30pm - 4:30pm

Personal Sustainability is a critical component in building a resilient workforce. Organizations that invest in their employees' resilience through safety, wellness and overall personal sustainability see returns of higher performance and engagement. We'll consider a comprehensive model for developing resiliency at work and in the world, and reflect on our current state of personal sustainability. We will explore actions that make a positive difference in our lives and our work.

Speaker: Nina Peterson, Wisdom Works

Registration

To register and for complete schedule of events go to **www.PPSBN.org**

General Public: Register as "Conference Attendees". Registration is \$105 for the two day conference. Thursday, November 18 is free to everyone. Registration is not required if attending only on Nov 18.

Special Rates for Spouses of Active Duty Military: Must contact Alicia Archibald at 719-322-6279 or alicia.archibald@gmail.com by November 16 to make arrangements.

Fort Carson Military & Civilian Employees: Submit your request to attend to your Training Coordinator. Payment is authorized under the continuing resolution. Fee is \$65 until **November 10**, and \$85 thereafter. Go to www.PPSBN.org, click on the Fort Carson radio button, and use your GPC.

Non-Military Or Non-DOD Personnel Working Directly For Or On Behalf Of Fort Carson: Contact Alicia Archibald at 719-322-6279 or alicia.archibald@gmail.com.

